

"Shipwreck Pie" Casserole

Makes: 12 or 48 servings

12 Servings

48 Servings

Ingredients	Weight	Measure	Weight	Measure
Turkey, ground	1 lb		4 lbs	
Pinto beans		3/4 cup		3 cups
Onion, chopped		1 cup		4 cups
Red bell pepper, chopped		1 cup		4 cups
Zucchini, chopped		2 cups		8 cups
Tomato paste		2- 6 oz cans		8- 6 oz cans
Brown rice		1-3/4 cups		7 cups
Water		1 cup		4 cups
Cooking spray		As needed		As needed

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	233	
Total Fat	4 g	
Protein	13 g	
Carbohydrates	37 g	
Dietary Fiber	5 g	
Saturated Fat	1 g	
Sodium	266 mg	

Directions

1. Preheat oven to 350°F.
2. Coat skillet with cooking spray. Brown turkey and onions over medium heat. Drain excess liquid.
3. Spray baking dish with cooking spray.
4. Layer ground turkey and onion mixture, rice, peppers, zucchini and beans in dish.
5. Combine tomato paste and water in small bowl. Pour over mixture in pan.
6. Bake covered for 1-1/2 hours.

Notes

Serving Tips:

Casseroles are a great way to combine meat, vegetables and grains into one dish. Try different vegetables and different meats, beans or tofu for other flavors!